

Get ready to cook: Tie back long hair, apron on, wash hands. Collect ingredients and equipment.

Chicken nuggets

Ingredients

- 3 tbsp of breadcrumbs or cornflakes
- 1 tsp mixed herbs
- 1 dsp grated parmesan (optional)
- 1 chicken breast, fillet of fish or halloumi cheese
- 1 tbsp plain flour
- 1 egg

Serve these nuggets with potato wedges and a salad for a healthy balanced meal



Equipment

Grater, chopping board, two small bowls, fork, small plate, sharp knife, red chopping board, baking tray.

Method

1. Preheat the oven to 200°C or gas mark 6.
2. Mix the breadcrumbs, cheese and herbs in a large mixing bowl.
3. Beat the egg in a small bowl.
4. Cut the chicken into 'nuggets' (approximately 4cm x 3cm chunks) using a clean red chopping board.
5. Coat the chicken in the flour on the red chopping board.
6. Dip floured chicken in the beaten egg.
7. Roll the eggy chicken in the breadcrumb mixture.
8. Place on the baking tray.
9. Repeat steps 7-10 for all the chicken pieces. Thoroughly wash and dry your hands.
10. Bake in the oven for 20 minutes, until golden brown.

Top tips

- Add garlic, chilli, fresh herbs or spices to the breadcrumbs.
- Make your own breadcrumbs – either whiz bread in a blender or use a grater. Try different types of bread for variety.

Safety points
 Check with an adult before using the cooker.

 Check egg for shell
 Use a separate chopping board and knife for raw meat. Wash hand well after handling raw meat.

 Use oven gloves.

 Eat immediately or cool and chill

Nuggets evaluation

Rating: Appearance (Circle)	☺ ☹ ☹	Rating: Taste (Circle)	☺ ☹ ☹	Rating: Texture (Circle)	☺ ☹ ☹
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Explain likes, dislikes and suggest improvements and iterations that could be made: